

# SPECIAL INTEREST



## Recession Proof Your Business

(Ages: 16 to Adult) Recession-Proof Your Business: The Forgotten Market & Steps to Starting Your Own Business and Strategies in Seeking Employment Have the Power to Get Wealth! Course based upon books written by author and teacher, Mrs. Sheri Fortune. This course is for the wealthy, indigent (not many financial assets), laid-off person seeking employment, and the middle class. With this 10 hour course, participants will learn how to virtually recession-proof their business(es) across various market sectors. Learn the critical role that personal credit can play when opening up a business or seeking employment and much more! Email instructor for a list of the 100 questions answered in the course after registering.  
[sherifortune@spamarrest.com](mailto:sherifortune@spamarrest.com)

**6530.314** M - F, 8-Jun to 11-Jun 6:30 PM - 9:00 PM  
**6530.315** M - F, 17-Aug to 20-Aug 6:30 PM - 9:00 PM  
Community Center Instructor: Fortune, Sheri  
\$125 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## Successful Non-Profit - Part 1: Getting Started

(Ages: 12 to Adult) Our new Presidential administration has challenged citizens with using service and compassion to re-vamp our nation. The perfect avenue is through an effectively managed non-profit organization. This workshop shares valuable information and walks you step-by-step through the processes for incorporating at the state level and receiving your federal Employer Identification Number and tax exempt status. Addresses points that help determine if a non-profit is the right business type for you. Includes workshop manual and a free resource CD to get you started on your path to service. Refreshments provided.

Offered by: Roche World Group. Classes are held at the Daydream Factory. Please pick up address and directions after registering.

**5000.112** W, 1-Jul 6:00 PM - 8:00 PM  
**5000.113** Sa, 11-Jul 2:00 PM - 4:00 PM  
At the Daydream Factory  
Instructor: Roche World Group  
\$25 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## Credit Score & Debt Reduction Strategies

(Ages: 18 to Adult) Credit score increasing and debt reduction strategies for the person living on food stamps who sweeps floors to the person who owns the fancy house on the hill. You will also learn how to communicate with federal, state, and local government employees. You will gain knowledge about things you may be able to do legally in rental situations, contract situations, and various situations within the legal system. Many of these things impact your credit score. This class will also cover identity theft. Bring your Experian credit report as well as your Experian credit score. Bring your Transunion credit report and Transunion credit score. Bring your Equifax credit report as well as your Equifax credit score. Only exposed the last 4 digits of your social security number please.

You will receive 3 books, plus the critically important Index Pages for use with government as well as private entities. This is a very intense class only registered participants may attend.

**6530.316** W, 20-May 9:30 AM - 12:30 PM  
**6530.317** Th, 11-Jun 9:30 AM - 12:30 PM  
**6530.318** F, 31-Jul 9:30 AM - 12:30 PM  
**6530.319** Tu, 25-Aug 9:30 AM - 12:30 PM  
Community Center Instructor: Fortune, Sheri  
\$40 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## Successful Non-Profit - Part 2: Fundraising

(Ages: 12 to Adult) Now that your non-profit is underway, how do you FUND it? Learn the ins and outs of Board responsibility, applying for grants, seeking individual donations and sponsorships for special events. Includes workshop manual and a free resource CD for fundraising. Refreshments provided.

Offered by: Roche World Group. Classes are held at the Daydream Factory. Please pick up address and directions after registering.

**5000.114** Sa, 1-Aug 2:00 PM - 4:00 PM  
At the Daydream Factory Instructor: Roche World Group  
\$35 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## MORE SPECIAL INTEREST

### Quilting 1

(Ages: 16 to Adult) For those of you who always dreamed of quilting but— never had the time, never had the skill, and never thought could. Let Shirley, Fine Arts Quilter, help you define a new role of quilting in your life. It's all about the fabric, the fun and the fantastic (and easy) results you can get immediately. Please check receipt or with the front desk for a supply list.

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**4026.404** W, 13-May to 3-Jun 7:00 PM - 9:00 PM  
**4026.405** Th, 14-May to 4-Jun 7:00 PM - 9:00 PM  
Community Center Instructor: Carlson, Shirley  
\$40 City, \$45 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

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### Quilting 2

(Ages: 16 to Adult) Always loved the ancient quilted bed cover of Grandma's? Have done some quilting and/ or sewing and are ready for the next step? Come experience the new era of quilting with Fine Art Quilter, Shirley. This class will introduce you to the new way we quilt now— infusing fiber art with fine art in a way that will totally blow you away. Please ask for supply list or look on your receipt when you register.

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**4026.200** Tu, 5-May to 26-May 7:00 PM - 9:00 PM  
**4026.201** Tu, 7-Jul to 28-Jul 7:00 PM - 9:00 PM  
Community Center Instructor: Weisberg, Eva  
\$40 City, \$45 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

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### Conversational Italian

(Ages: 16 to Adult) Come immerse yourself in one of the most romantic languages in the world. Conversational Italian is for teens and adults. It is a classroom environment where the instructor will familiarize the class with basic words and phrases in Italian. This course teaches the basic skills to those who do not know Italian so they can converse with an Italian speaker.

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**4490.401** W, 26-Aug to 7-Oct 6:45 PM - 7:45 PM  
Community Center Instructor: Toole, Lucia  
\$60 City, \$65 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

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### Ooops! We are human...

Our editors have worked hard to ensure accuracy within our publication. We apologize if something has slipped past our editors. Please call us with any questions.

### Learn to Crochet

(Ages: 12 to Adult) All supplies included! Just bring yourself and learn how to crochet. Learn the basic stitches and leave our class well on your way to making gifts for family, friends, or yourself. Advanced beginners are always welcome.

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**5063.304** M, 11-May to 1-Jun 5:30 PM - 7:00 PM  
**5063.409** M, 20-Jul to 10-Aug 5:30 PM - 7:00 PM  
**5063.410** M, 15-Jun to 6-Jul 5:30 PM - 7:00 PM  
Community Center Instructor: Landers, Lois  
\$20 City, \$25 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

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### Pet Portraits

(Ages: 16 to Adult) Join the fun as we help you create a beautiful painted pet portrait. A pet portrait is an exciting way to express your love for a beloved companion, or to cherish the memory of one that is no longer with you. Additionally, it can make a great gift for a friend! You need to bring three or four pictures of your pet, and bring the materials you want to work in. Also you will need a 9 x 12 canvas or longer.

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**4311.502** M, 4-May 7:00 PM - 9:00 PM  
**4311.503** M, 25-May 7:00 PM - 9:00 PM  
**4311.504** M, 22-Jun 7:00 PM - 9:00 PM  
**4311.505** M, 20-Jul 7:00 PM - 9:00 PM  
Community Center Instructor: Harris, Nancie  
\$35 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

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### Where in the Burg? Architectural Study

(All Ages) Presented by FAMCC and Fredericksburg Parks and Recreation. Fredericksburg's streetscape has changed greatly over the last one hundred years, but the majority of the historic architecture remains the same. Focusing on the Museum's temporary exhibit, "Fredericksburg Then and Now" participants will learn about different architectural styles in Fredericksburg, explore downtown for these styles, and gain an understanding of the importance of preservation. Where in the 'Burg is a three session class running April 21, 28 and May 6th. Sessions are held in the Museum's new learning center located in the Catherine W. Jones McKann Center.

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**5555.201** Tu, 21-Apr to 6-May 10:00 AM - 12:00 AM  
Fredericksburg Area Museum Learning Center  
\$70 City and Museum Members, \$75 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

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## MORE SPECIAL INTEREST

### Easy Self-Hypnosis

(Ages: 14 to Adult) Use your mind to create your life. Self-Hypnosis is easy to learn and easy to do. In 15 minutes a day you can reduce stress, raise self esteem, modify habits, promote wellness, encourage joyful living, invite prosperity and abundance, and enhance spiritual growth. Learn a quick and easy technique that can transform your life with Ralph Davis, a professionally trained Certified Hypnotherapist. Three (3) sessions are taught.

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**2452.230** W, 6-May to 20-May 7:00 PM - 9:00 PM

**2452.231** W, 3-Jun to 17-Jun 7:00 PM - 9:00 PM

**2452.232** W, 8-Jul to 22-Jul 7:00 PM - 9:00 PM

**2452.233** W, 5-Aug to 19-Aug 7:00 PM - 9:00 PM

Community Center Instructor: Davis, Ralph

\$90 City and Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

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### How to Practice Being Happy!

(Ages: 16 to Adult) What are you really looking for in your life? A chance to nurture your spirit and charge your batteries. Get ready of those old ideas that keep you from being the best you can be! You will learn news skills to help you manage your space in a more productive way, help you with feelings of low energy, depression, and low self-esteem. Life is good!!

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**2452.315** M, 27-Apr 7:00 PM - 9:00 PM

**2452.316** M, 8-Jun 7:00 PM - 9:00 PM

**2452.317** M, 10-Aug to 10-Aug 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$25 City and Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

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### Stop Smoking

(Ages: 16 to Adult) This time you're going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try?

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**2460.302** M, 20-Apr 7:00 PM - 9:00 PM

**2460.304** M, 18-May 7:00 PM - 9:00 PM

**2460.402** M, 13-Jul 7:00 PM - 9:00 PM

**2460.403** M, 3-Aug 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$35 City, \$40 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

### RAD for Women

(Ages: 12 to Adult) In a bad situation, would you know what to do? This important hands-on" program brought to us by the Fredericksburg Police Department will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit

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**2511.204** M, 6-Jul to 27-Jul 7:00 PM - 9:00 PM

Fredericksburg Police Department

Instructor: Jones, Sheila

\$12 City and Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City



## SAFE KIDS TOO!

**RAD for Kids** on page 10

### Heartsaver CPR/AED & First Aid

(Ages: 16 to Adult) The Heartsaver First Aid with CPR and AED Training Course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. The course provides a complete health and safety solution for First Aid, adult CPR and AED. The student will learn how to recognize the signs of a sudden cardiac arrest, when to activate the EMS system, and how to do CPR. It's also important to become familiar with the AED and learn how to successfully operate it in an emergency.

The First Aid component of the course prepares the participants to deal with injuries seen more frequently. This part of the course teaches the lay person to recognize and react to situations such as low blood sugar, bleeding, broken bones and sprains, seizures, strokes, insect bites and stings, and temperature related injuries.

Bring a bag lunch.

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**2110.510** W, 8-Jul 9:00 AM - 5:00 PM

Community Center Instructor: Carpenter, Tim

\$45 City and Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

# MORE SPECIAL INTEREST

## Heart Saver CPR & First Aid Cert

(Ages: 16 to Adult) This course covers it all: child/infant and adult CPR and basic first aid. Take one Saturday and be prepared to take care of your family and friends in an emergency. Certification card upon successful completion of course & test. Optional books may be purchased for \$15. Bring bag lunch.

**2110.209** Sa, 11-Apr 9:30 AM - 3:30 PM  
**2110.203** Th, 14-May 9:30 AM - 3:30 PM  
**2110.306** W, 10-Jun 9:00 AM - 4:00 PM  
**2110.501** Th, 7-May 9:00 AM - 4:00 PM  
**2110.503** W, 13-May 9:00 AM - 4:00 PM  
**2110.512** W, 5-Aug 9:00 AM - 4:00 PM  
Community Center Instructor: Carpenter, Tim  
\$45 City and Non-City Resident  
Registration for April & May classes has already begun.  
Registration Begins: 4/14 City 4/21 Non-City

## Heart Saver CPR Certification

(Ages: 16 to Adult) This course will cover CPR for adults and children and will result in certification upon completion of the written test. Optional books may be purchased for \$15.

**2110.206** Th, 16-Apr 9:30 AM - 1:30 PM  
Community Center Instructor: Carpenter, Tim  
\$35 City and Non-City Resident  
Registration for April class has already begun.  
Registration Begins: 4/14 City 4/21 Non-City

## Healthcare Provider CPR and/or Renewal

(Ages: 14 to Adult) The Healthcare CPR Course covers core material such as adult and pediatric CPR, foreign-body airway obstruction, and other related emergencies.

**2110.502** F, 8-May 9:00 AM - 2:00 PM  
**2110.506** F, 5-Jun 9:00 AM - 2:00 PM  
**2110.509** F, 3-Jul 9:00 AM - 2:00 PM  
Community Center Instructor: Carpenter, Tim  
\$40 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## CPR/AED

(Ages: 14 to Adult) Would you be able to help someone you love if they needed CPR? Don't wait until it's too late to find out! This class will give you the skills you will need to provide basic care for breathing and cardiac emergencies, and perform cardiopulmonary resuscitation until advanced medical personnel arrive. You will also be trained to use an Automated External Defibrillator (AED). AED's greatly increase the survival rate from cardiac arrest and are rapidly becoming an essential part of response at all levels. AED's can deliver a life-saving electrical shock and you can learn to operate them and save a life. That's a lot of peace of mind!

**2111.302** Sa, 9-May 9:00 AM - 1:00 PM  
**2110.430** Th, 4-Jun 9:00 AM - 2:00 PM  
**2110.431** F, 17-Jul 9:00 AM - 2:00 PM  
**2110.432** W, 19-Aug 9:00 AM - 2:00 PM  
Community Center Instructor: Carpenter, Tim  
\$35 City and Non-City Resident  
Registration for May class has already begun.  
Registration Begins: 4/14 City 4/21 Non-City

## Heartsaver First Aid

(Ages: 16 to Adult) The Heartsaver First Aid Course teaches rescuers to effectively recognize and treat emergencies in the critical first minutes until emergency medical services personnel arrive. Take one day and be prepared to take care of your family and friends in an emergency. Upon completion of the hands on skills and the written test you will receive a first aid certification. An optional book is available and may be purchased for \$15.00.

**2110.500** F, 1-May 9:00 AM - 2:00 PM  
**2110.505** F, 29-May 9:00 AM - 2:00 PM  
**2110.508** M, 29-Jun 9:00 AM - 2:00 PM  
**2110.511** M, 27-Jul 9:00 AM - 2:00 PM  
Community Center Instructor: Carpenter, Tim  
\$35 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## Heartsaver Pediatric First Aid

(Ages: 16 to Adult) This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include First Aid basics, medical emergencies, Injury emergencies Environmental emergencies, and other first aid topics.

**2110.504** M, 18-May 9:00 AM - 4:00 PM  
**2110.507** Th, 18-Jun 9:00 AM - 4:00 PM  
Community Center Instructor: Carpenter, Tim  
\$40 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## WOULD YOU KNOW WHAT TO DO?

### BE PREPARED!

Heart Saver, First Aid, and CPR/AED programs are designed to give you the confidence to respond in an emergency situation with skills that can save a life.

## MORE SPECIAL INTEREST

### Nancie Harris

#### Medium

**Acrylics, Drawings, Watercolor,  
Knitting, Jewelry,**

#### Education

**Museum of Modern Art, Omaha, NE**

#### Artist's statement:

*Everyone has some kind of beautiful art inside them and the teacher should be the one to help find that beauty. Art takes many forms and when we find it we become complete inside ourselves. In my classes I have found so many talented people so full of creativity.*

*I think sharing our love of art is the most important thing - there is enough for all of us!*

#### Drawing I

(Ages: 16 to Adult) Always wanted to draw, but never took the time? Come to Nancie's class and learn a new talent or continue the one you have. You will be learning the basics of 3-D drawing. Supply List: - one 18 x 24" newsprint drawing pad

**4012.310** Th, 23-Apr to 14-May 10:00 AM - 12:00 PM

**4012.312** Th, 25-Jun to 16-Jul 10:00 AM - 12:00 PM

**4012.402** Th, 27-Aug to 17-Sep 10:00 AM - 12:00 PM

**4012.315** Th, 23-Apr to 14-May 7:00 PM - 9:00 PM

**4012.316** Th, 25-Jun to 16-Jul 7:00 PM - 9:00 PM

**4012.415** Th, 27-Aug to 17-Sep 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

#### Watercolor I

(Ages: 16 to Adult) Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. The theme of the class will be a flower theme. Pick up a supply list when you register. No experience necessary.

**4031.305** Tu, 21-Apr to 12-May 10:00 AM - 12:00 PM

**4031.306** Tu, 23-Jun to 14-Jul 10:00 AM - 12:00 PM

**4031.410** Tu, 25-Aug to 15-Sep 10:00 AM - 12:00 PM

**4031.318** Tu, 21-Apr to 12-May 7:00 PM - 9:00 PM

**4031.319** Tu, 23-Jun to 14-Jul 7:00 PM - 9:00 PM

**4031.320** Tu, 25-Aug to 15-Sep 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$45 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

#### Drawing II

(Ages: 16 to Adult) For those of you who have completed Drawing I or have drawing experience. We'll improve your techniques and learn more secrets to making a drawing come to life. We will also incorporate ink into our drawings. Come ready to draw! Supply list: one 18 x 24" newsprint drawing pad

**4012.500** Th, 21-May to 11-Jun 10:00 AM - 12:00 PM

**4012.502** Th, 23-Jul to 13-Aug 10:00 AM - 12:00 PM

**4012.417** Th, 21-May to 11-Jun 7:00 PM - 9:00 PM

**4012.501** Th, 23-Jul to 13-Aug 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

#### Watercolor II

(Ages: 16 to Adult) For those of you who have taken Nancie's Watercolor I class or have some watercolor experience. We will expand your watercolor techniques and explore new ways to handle the medium. There will be three new techniques wet on wet, collage work, another card. Come ready to paint! Supply List: Basic Watercolor Set, Medium Brush (1"), Large Brush (2"), Detail Brush, Palette, 140 weight watercolor paper. \*If you bring a watercolor tablet it must be larger than a 9" x 12" tablet.

**4033.417** Tu, 19-May to 9-Jun 10:00 AM - 12:00 PM

**4033.418** Tu, 21-Jul to 11-Aug 10:00 AM - 12:00 PM

**4033.315** Tu, 19-May to 9-Jun 7:00 PM - 9:00 PM

**4033.420** Tu, 21-Jul to 11-Aug 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$45 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City



## MORE SPECIAL INTEREST ..

### Acrylics I

(Ages: 16 to Adult) This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative. Supply List: Starter set, small, medium, large brush, basic colors, 24 x 22" canvas to start with and palette. No experience necessary.

**4035.409** W, 26-Aug to 16-Sep 10:00 AM - 12:00 PM

**4035.411** W, 22-Apr to 13-May 10:00 AM - 12:00 PM

**4035.412** W, 24-Jun to 15-Jul 10:00 AM - 12:00 PM

**4035.308** W, 22-Apr to 13-May 7:00 PM - 9:00 PM

**4035.410** W, 24-Jun to 15-Jul 7:00 PM - 9:00 PM

**4035.414** W, 26-Aug to 16-Sep 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$45 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

Registration for April class has already begun.

### LOVE OF ART RUN IN THE FAMILY?



### CHECK OUT OUR ART CLASSES FOR CHILDREN ON PAGE 9

### Acrylics II

(Ages: 16 to Adult) For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects.

**4035.416** W, 20-May to 10-Jun 10:00 AM - 12:00 PM

**4035.415** W, 22-Jul to 12-Aug 10:00 AM - 12:00 PM

**4035.401** W, 22-Jul to 12-Aug 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$45 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City



### Calling all Teens Volunteer this summer!

**VOLUNTEERS WANTED for the Children's Art**

**Expo!!** No artistic experience required, just a love for kids and all things messy! Get a free T-shirt for helping!

**Call Sarah (540) 372-1086 ext. 215 today to volunteer!**

Children's Art Expo is a hands-on, completely messy way for children ages 3 - 10 years to explore the world of art.

**Saturday, July 25<sup>th</sup> 10:00am - 2:00pm**

**Hurkamp Park, Downtown Fredericksburg**

Sponsored by Fredericksburg Parks & Rec & Cox Communications

### Working with Acrylics

(Ages: 16 to Adult) A nice mid-week break for budding artists. You will learn about mixing paints, drawing, preparing paint surfaces and basic techniques. Whether you are just beginning or have some experience with acrylics, Ed will work with you to inspire your creativity. No experience necessary, just come ready to paint. A supply list will be on your receipt when you register.

**4035.231** Tu, 4-Aug to 25-Aug 10:00 AM - 12:00 PM

Community Center Instructor: King, Ed

\$40 City, \$54 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

## Ed King

### Medium

**Acrylic and Oil paintings, Ceramics,  
Woodworking, and Drawings**

### Education

**MFA Pratt Institute in NYC; Also attended VCU**

### Artist's statement:

*The Impressionists of the late 19th and early 20th centuries are a strong influence upon my own work. Another thing about my own work, I like to work fast. I just don't have the temperament to labor a half year on one painting. I'm a fast impulsive painter... I have almost a zen experience when I paint. I observe that..... The longer one labors over a given work...the stiffer and deader it seems to become... very static very lifeless.... We all have different ways of relating to what we do... as artists and this is essentially where I am coming from, at least for now.*

## MORE SPECIAL INTEREST ..

# Are you thinking about adding a dog to the family this summer?

### 1 LEARN THE BEST BREED FOR YOU

#### How to Find The Dog of your Dreams

(Ages: 16 to Adult) How to find the dog of your dreams; Perfect Puppies. Ready rescues look before your leap. A dog is for life. If you're very blessed the dog you bring home today will live with you, love you, depend on you for every breath, every command, every happiness for up to sixteen or more years. A dog is a terrible life to waste. Bring all your questions about how to choose the right tiny pup or ready for rescue older dog. Learn to interview a breeder. Get ready to surf the web for rescue dogs who need you. We will discuss any breed you have on your mind. Join us for a great day of fun. This class will be held at the community center.

**4311.406** Tu, 23-Jun 1:00 PM - 2:30 PM  
Community Center Instructor: Ferrell, Sarah  
\$17 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City



### 2 TEACH SOME MANNERS

#### Basic Dog Manners

(Ages: 16 to Adult) In this class, using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to your commands of: Come, Sit (and Stay), Down (and Stay), and heel. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 or 4 puppy vaccinations. Participants in all classes must show current veterinary vaccinations at first night's orientation. Positive reinforcement methods only; we will learn to use a clicker. Students learn to show dogs the desired behavior and give the immediate rewards. A clicker, hot dogs, lots of praise, and a dog that you live with is all your really need for class. Dogs attend ALL five classes. Please request a supply list and class orientation sheet when you register. All classes are held at Dog Krazy with dogs.

**4311.411** W, 17-Jun to 15-Jul 7:30 PM - 8:30 PM  
**4311.421** W, 17-Jun to 15-Jul 2:30 PM - 3:30 PM  
Dog Krazy Instructor: Ferrell, Sarah  
\$89 City, \$99 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

### 3 SHOW A NEW DOG NEW TRICKS

#### Ready! Steady! Train!

(Ages: 16 to Adult) Ready to train your dog, but don't have the time to attend a weekly class? Need help mastering the skills you wish you had to train your own dog at home? If you and your dog have one day to watch, practice and master the basics of positive reinforcement, this is the class you have been waiting to attend. Join Sarah for a fun and fact filled evening to teach you basic dog manners skills: Sit! Down! No Jump! Come! Easy! No pull! Touch! Go to your place! and Watch me! This one evening will change the way you and your dog live!

As an added bonus, class includes a copy of Sarah's award-winning book, Devoted To Dogs: How To Be Your Dog's Best Owner to guide your practice and answers to your dog behavior questions. As for class orientation and supply list when you register for class or go by the Community Center to pick up your supply list if registering on-line.

**4311.204** W, 10-Jun 1:00 PM - 3:00 PM  
Dog Krazy Instructor: Ferrell, Sarah  
\$25 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

#### Advanced Dog Manners Obedience Class

(Ages: 16 to Adult)

In response to graduates of our Basic classes, we offer an advanced skills class for dogs who want to go a bit further in their good manners mastery. We will work hard on longer sit and down stays; calm, leisurely loose lead walking; and fast, enthusiastic "Come!" when called. Dogs will learn to do their work

**4311.405** W, 17-Jun to 15-Jul 1:00 PM - 2:00 PM  
Dog Krazy Instructor: Ferrell, Sarah

\$89 City, \$99 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## MORE SPECIAL INTEREST

### 4 BE A PRO-ACTIVE OWNER

#### Got Dog Problems? Sarah Has Answers!

(Ages: 16 to Adult) Do you wonder why Bongo wee-wees behind dinning room table? Has Esmeralda chewed up all your shoes and your underwear? Is Tonto digging to China, by way of your favorite hydrangea shrub? Does Grandpaw Bob worry your bouncing BoBo will break his hip when he visits? Are you captive to your house because Sugar goes nuts when you leave her alone?

Does BibBib hate and despise your new boyfriend? If you have a question, Sarah Ferrell would love to listen and analyze the reasons for all your doggy owes, puppy worries and dog misbehavior concerns. Every question is a good question. Pu Poppy on path to perfect canine behavior management. You need this class!

**4311.404** Tu, 16-Jun 1:00 PM - 3:30 PM  
Community Center Instructor: Ferrell, Sarah  
\$17 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## Sarah Ferrell...

is a writer, portrait photographer, pet dog manners teacher, and canine behavior consultant. She is a member of the Association of Pet Dog Trainers, the National Association of Dog Obedience Instructors, and is a Govenor on the Board of English Springer Spaniel Field Trial Association. Sarah has taught obedience classes in the United States and Belgium and has owned Dog Manners Behavior and Obedience for over 20 years.

### Classes held at Dog Krazy

Dog Krazy is located at 1013 Caroline Street in downtown Fredericksburg. Follow William St. to Caroline St.. Turn left onto Caroline. **Please do not call Dog Krazy with questions pertaining to these classes**, even cancellation information. Register at the Community Center, not the store. Call 372-1086 ext. 208 or ext. 0 for info.

### 5 RAISE A GOOD CITIZEN

#### Canine Good Citizen Training Workshop & CGC Test

(Ages: 16 to Adult) Heard about the new American Kennel Club award for mixed breeds, pure breds, and ALL well-behaved dogs? Your dog wants to be a Good Citizen! The Canine Good Citizen training will teach you why and how to become an AKC Canine Good Citizen. You and your canine companion will learn techniques for training (loose lead walking, not jumping up, come, sit-stay, down-stay), hints for passing the AKC CGC test, goals to be set for you and your dog and how to get and keep the dog's attention on YOU. We will practice ten obedience tasks of the AKC CGC test each week in class, and we will take the CGC test as our graduation exercise. ALL interested nonaggressive dogs welcome-you do not need to have completed the basic dog manners course, but dogs should know the commands: sit, down, come and have mastered loose lead walking. Dogs attend ALL three classes. Please pick up a supply list and class orientation sheet at the Dorothy Hart Center (408 Canal Street) upon registering.

**4320.421** Su, 19-Jul 1:00 PM - 3:30 PM  
Dog Krazy Instructor: Ferrell, Sarah  
\$25 City, \$30 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

### 6 BE PREPARED FOR ANYTHING

#### ASHI Pet First Aid

(Ages: 10 to Adult) Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.

**4814.121** F, 22-May 9:00 AM - 2:00 PM  
**4814.410** F, 19-Jun 9:00 AM - 2:00 PM  
**4814.411** F, 31-Jul 9:00 AM - 2:00 PM  
Community Center Instructor: Carpenter, Tim  
\$35 City, \$40 Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City



## MORE SPECIAL INTEREST ..

### Herbal Spring Detox

(Ages: 16 to Adult) Detoxification takes place on many levels in the body. In this class, you will learn how to detox your body naturally with a safe herbal program. The Information provided will educate the public's exposure to everyday poisons and address inexpensive ways to rid your body of the unwanted overload of toxins such as yeast, heavy metals, excessive medications, food pesticides, and other environmental toxins that many of us are unaware of today.

**4682.408** Tu, 26-May 6:30 PM - 8:00 PM  
\$35 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

### Healing Herbs and Wild Flowers

(Ages: 16 to Adult) Welcome to JoAnna's body system herbal flowerbeds. This class will teach you a small sampling of flowers in the garden used by herbalist that work well for specific body systems. Each body system discussed will include a wild flower that will benefit that system.

**4682.406** Sa, 13-Jun 10:00 AM - 11:30 AM  
**4682.407** Sa, 8-Aug 10:00 AM - 11:30 AM  
\$25 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

### Keep It Green Herbal Remedies

(Ages: 16 to Adult) This class teaches the direct link between illness and over acid conditions in the body. The information provided will help the individual evaluate their Acid/Alkaline Ph condition as well as the physical and emotional connections to unbalanced health and learn how the guidelines of Mother Nature will bring it back into harmony for ideal energized health.

**4682.409** Tu, 9-Jun 6:30 PM - 8:00 PM  
**4682.41** Tu, 11-Aug 6:30 PM - 8:00 PM  
\$30 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

## Keep It Green

JoAnna Cassidy-Farrell is a Master Herbalist and Certified Natural Health Care Professional.

Classes will be held at the Keep It Green Herbal Remedies - 609 Jett St. Fredericksburg, VA 22405  
Please call 540-361-1416 for questions or directions to center.

### Herbal Kitchen - First Aid

(Ages: 16 to Adult) Learn how your spices can come to the rescue! This class will teach you how to use your kitchen seasonings for first aid remedies. Discussions on the spices properties will show you how you have a pharmacy in your kitchens cupboard.

**4682.400** Tu, 28-Jul 6:30 PM - 8:00 PM  
**4682.401** Tu, 18-Aug 6:30 PM - 8:00 PM  
\$30 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

### Herbal Life Style Analysis

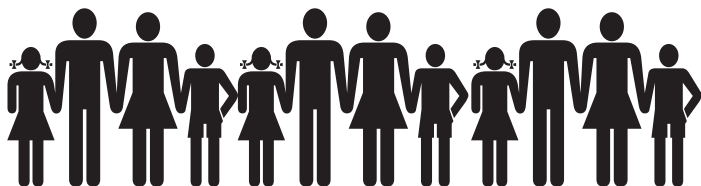
(Ages: 16 to Adult) Tired of being sick and tired? This class offers insight on achieving your personal health goals the natural way. Each person will specifically learn what body system is out of balance from a questioner that will target exactly were the individual needs to begin to re-build and balance their health. Will discuss nutrition and herbal supplements to bring energy into harmony.

**4682.402** Tu, 19-May 6:30 PM - 8:00 PM  
**4682.403** Tu, 23-Jun 6:30 PM - 8:00 PM  
\$30 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City

### Organic Gardening Class

(Ages: 16 to Adult) This class offers a mix of quick fixes that a person may do to keep down on weeding time, fertilize naturally and make your own natural pesticides along with an introduction to some garden tools that make your work quick and efficient.

**4682.404** Sa, 30-May 10:00 AM - 12:00 PM  
**4682.405** Sa, 25-Jul 10:00 AM - 12:00 PM  
\$30 City and Non-City Resident  
Registration Begins: 4/14 City 4/21 Non-City



## We missed you...

Each class has a limited number of spaces - which may fill quickly. And on those classes that haven't already filled -- we may cancel due to lack of enrollment. Either way those who were planning to sign up at a later date miss out!! Don't wait to sign up!